



HIGHLIGHTS

- June is “Pride” Month! The Stow Community Center is a welcoming and inclusive community!
- Need a ride? Van Transportation & Taxi Ride Service Available for Stow Residents, p. 2 & 4
- Healthy Habits, Join a group for support, June 8, p. 5 & 6
- Do you say “What” often? Book an appointment at our Free Hearing Clinic, June 1, p. 5 & 6
- Blood Pressure Clinic with Town Nurse, June 1, p. 5 & 6
- Have Questions About the Stow Cemetery? People Are Just Dying to Ask! June 15, p. 5 & 6
- Are you Turning 65 in 2022? Book your appointment with a SHINE counselor, p. 5
- S.A.I.L. Exercise Class, starting June 7, p. 6
- Garden in the Woods, June 10, p. 6
- Friendship Tea Party, June 15, p. 6
- Meal Site Special Meal, June 16, p. 7
- Veterans Social, June 21, p. 7
- Armchair Travel, June 21, p. 7
- Garden Tour, June 22, p. 7
- Strawberry Social, June 23, p. 7
- Pickety Place, June 27, p. 7
- Are you Interested in Genealogy? June 28, p. 7
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Office Closed Monday, June 20 for Juneteenth Holiday!
Don't forget to preregister for all COA activities!

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STOW COUNCIL ON AGING

Pompositticut Community Center • 509 Great Rd. Stow, MA 01775

Hours: Monday – Friday 8 am – 3:30 pm

E-mail: coa@stow-ma.gov

Tel. # 978-897-1880

Council on Aging Staff

Alyson Toole, Executive Director
Martha Shea, Outreach Coordinator
Kathleen Surdan, Outreach Worker
Gigi Lengieza, Transportation/Volunteer
Coordinator and Office Manager
Dave Ashman, FT Van Driver/Dispatch
Chris Schuch, PT Van Driver
Jamie Moulton, On call Van Driver

COA BOARD MEMBERS

William Byron, Chair
Ruth Delmonico, Secretary
Charlie Aaronson, Member
Jeanne Genereux, Member
Susan Matatia, Member
Kathy O'Brien, Member
VACANT, Member
Al Arthur, Associate
Brian Burke, Associate
Rep. Kate Hogan, Associate
Jessica Moriarty, Associate
June Thall, Associate

**COA BOARD
MEETINGS
MONTHLY 2ND
THURSDAY
AT 10 AM**

Website: www.stow-ma.gov

Fax # 978-897-0486

Mission Statement

The Town of Stow Council on Aging is here to provide support to those age 60+, by being a resource of information on elder affairs, providing social activities, outreach services, and helping people remain in their homes as long as safely possible.



SUGGESTIONS WELCOME!

There is a suggestion box in the lobby of the Pompositticut Community Center.

Transportation Services

Our Transportation Policy is available on our website. Specific questions regarding transportation services should be directed to the Transportation Coordinator at 978-897-1880 between 8 am and 12 pm Monday through Friday. More information on page 4. Important policy items are highlighted below:

- All passengers are required to wear masks at all times while riding on the van.
- We provide van service to Stow residents 60+ and those with disabilities.
- **All van reservations must be made by calling the COA between 8 am and NOON at least 24 business hours in advance and speaking with the Transportation Coordinator (do not leave a voice mail message).** For example, a ride for Monday must be booked by noon on Friday.
- Pick-ups start at 8:30 am, with the last pick-up to return home no later than 2:30 pm weekdays.
- Our service area (originating from Stow) is Acton, Bolton, Boxboro, Harvard, Hudson, and Maynard. Transportation for medical appointments is provided to Concord, Marlboro and Sudbury.
- Clients must be able to see or hear the van when it arrives and should be ready 15 minutes before the estimated pick-up time.
- Individual non-medical trips will be scheduled around medical appointments.
- VAN FARE: Stow only: \$2; Out-of-Stow: \$3 Meal site, Food Pantry, COA Office: FREE.
The Town of Stow would like to minimize cash transactions. When at all possible, we prefer that you pay by check payable to the Town of Stow. These payments can be given to the driver daily, weekly, or monthly. If you feel you have difficulty paying this fee, please contact a member of the COA Outreach staff for a confidential discussion.
- Volunteers may be available for **medical appointments** outside of service area/business hours.
Advanced Notice - One week minimum required!
- “Go Stow” – third party ride is available for eligible residents to medical appointments. Some restrictions apply. Reservations must be made 48 hours in advance by calling the COA (978) 897-1880, Mon. – Fri. between 8 and 12 noon. See more details on page 4 regarding this taxi service.

RULES FOR COA IN-PERSON CLASSES

- Pre-registration required. Sign-up starting on the 15th of the month for the following month; online at <https://myactivecenter.com>, in person or by calling the COA at (978) 897-1880.
- No drop-ins. Attendance is limited.
- Stow residents only for in-person classes. Non-Stow residents virtual if space.
- All classes with a fee must be paid in advance.

LOOKING TO PLAY SOME GAMES?

- **Mahjong** - Instructor Susan Choyce, Fridays, 1 pm, FREE.
- **Poker Games** - Tuesdays, 1 pm, FREE.
- **Pool/Billiards** - Thursdays 1 pm, FREE.

EXERCISE CLASSES

Qigong: In Person and Via Zoom! FREE. Instructor: Carolyn McDonald, Mondays, 8:50 am. Come join us for gentle movements that help with balance, breathing and energy. The Qi Gong exercises support a self-healing process through relaxation and the reduction of stress in mind and body.

Senior Fitness: In-Person only! CLASS FEE: \$3, Instructor: Terri Zaborowski (if still out on leave, taped video provided by her, class is free). Mon., Wed., Fri., 10 am. Have fun as you move to the music with this safe, heart-healthy class which uses low-impact movements. Then work on building your muscle strength and flexibility with exercises using handheld weights in both standing and seated positions. Finish with a 5-10 min. full body stretch and relaxation segment.

Stretch & Flex: In-Person only! CLASS FEE: \$3, Instructor Terri Zaborowski (if still out on leave, taped video provided by her, class is free). Mon., Wed., Fri., **NOTE NEW TIME: 11:15 am.** This class is designed to help seniors maintain strength, flexibility, and independence with both standing and seated exercises using resistance bands (provided by the COA). Start with a warm-up to music moving the body and joints through their full range of motion without resistance. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility, and leave feeling great! Entire class is done seated or standing.

Yoga: In-Person and Via Zoom! CLASS FEE: \$3. Instructor: Terry Kessel Myers Coney, Fri. 8:50 am. A gentle modified yoga class incorporating breath, posture, and movement to relax and open the flow of energy in the body. Class begins with gentle warm-ups, continues with postures or asanas, of which many are done sitting on or using chairs for support, and ends with a guided relaxation.

Zumba Gold: In-Person and Via Zoom! CLASS FEE: \$3. Offered twice a week at 9 am. Tuesdays, led by Donna Johnson and Thursdays, led by Yachun Lin. An easy-to-follow program that lets you move to the beat of fun, energizing music at your own speed. The instructor will facilitate this by providing examples of lower and higher intensity variations on the movements so that a variety of fitness levels can get a good AND safe workout. Zumba Gold® has been shown to improve cardiovascular and muscular endurance, range of motion, posture, and balance. Zumba Gold® is a party like dance fitness program with music from around the world. It is gentle to the joints and fun! No class 21, 23, 28 & 30.

CREATIVITY CLASSES

Art Class (Open Studio): Mondays, 9:30 - 12 Noon, FREE, All levels welcome.

Quilting Class: Tuesdays, 9 - 12 Noon, FREE, All levels welcome.

Projects For Purpose: Wednesdays, 9 - 12 Noon, FREE, All levels welcome.



FREE TAXI RIDE PROGRAM FOR ELIGIBLE STOW RESIDENTS FOR MEDICAL APPOINTMENTS

You must meet eligibility requirements. Reservations must be made 48 hours in advance. Visit: tinyurl.com/gostowtaxi or call Gigi Lengieza, COA Transportation Coordinator, at 978-897-1880 x28 between 8 am - 12 noon for more info.

OUTREACH SERVICES AVAILABLE

Information and Referrals, Home Care Options, Advocacy, Food, Fuel Assistance, Technology assistance, and much more! Call the COA at (978) 897-1880 and ask to speak with Outreach staff to book your appointment..

COMMUNITY SERVICES COORDINATOR

Brian O'Sullivan, LICSW, is available to provide information, make referrals to various programs and agencies for all ages. Call 978-897-2638 or Email: townsocialworker@stow-ma.gov, Mon., Wed., Thurs., 9 am – 2 pm.

JOE JACOBS, VETERANS' AGENT AVAILABLE

Joe is at Pompositticut Community Center every Tues. 9-11. Call him at 978-290-0278 or e-mail veteransofficer@Stow-MA.gov. Don't forget the Veterans Social Hour, the 3rd Tues. of every month at 10 am.

SAVE \$1,500 ON YOUR REAL ESTATE TAXES!

Check out the fact sheet on the Town website or at the COA to see if you are eligible. Call the Assessor's office for more information (978) 897-4597.

SHARE YOUR TALENTS WITH THE COA!

Do you have some time to spare? Do you like helping others? Volunteers are needed to assist in a many different areas. We could use help at our reception desk, food program, office computer projects, event planning (selecting places to visit, restaurants, movies, etc.) event set up/clean up, decorating, electronic device tutoring, etc. Please become a COA Volunteer! Contact Gigi, our COA Office Manager, Volunteer and Transportation Coordinator at (978) 897-1880 X28 or email: coordinator@stow-ma.gov.

TECHNOLOGY HELP

Is new technology driving you crazy? Want some help? The COA is here for you! Call the COA and speak with the Outreach staff to connect you with a technology volunteer.

ARE YOU IN NEED OF ASSISTANCE? "MASSACHUSETTS 211"

24 hours a day, 7 days a week – Staffed by counselors to provide resource information, including housing & rental assistance, childcare options, and mental health resources. Just dial 211. All calls are free and confidential.



WELLNESS WEDNESDAYS (SEE PAGE 6 FOR DETAILS)**BLOOD PRESSURE CLINIC:** Wednesday, June 1, 10am–12Noon, FREE.**HEARING CLINIC:** Wednesday, June 1, 9:30 - 11:30 FREE**HEALTHY HABITS SUPPORT GROUP:** Wed., June 8, 12:30 Cost: Free**HAVE QUESTIONS ABOUT STOW CEMETERY?** Wed., June 15, 10 am**SHINE (Serving Health Insurance Needs of Everyone)**

Are you on Medicare or eligible for Medicare and have questions? If so, SHINE offers one-on-one counseling and assistance to people with Medicare and their families. The SHINE program provides unbiased, accurate, up-to-date information on health benefits, including Medicare A & B covered services, prescription drug options and Medigap insurance plans. Schedule your private consultation with our Shine Counselor who is at the COA on Mondays from 10:30 am – 12:30 pm. Book your appointment by calling (978) 897-1880.

MONTHLY SHINE ARTICLE

By Michael Matatia, Stow SHINE Counselor

Question: I am 66 years old, not married and my income is \$105,000 a year. Does Medicare have income limits, could I be required to pay more based on my income?

Answer: Medicare beneficiaries with incomes above a certain threshold are charged higher premiums for Medicare Part B and Part D. The premium surcharge is called an Income-Related Monthly Adjustment Amount, or IRMAA. In 2022, IRMAA surcharges apply to individual Medicare beneficiaries who earn more than \$91,000, and to couples who earn more than \$182,000. For you, your Part B the premium would increase from \$170.10 to \$238.10. People with higher incomes will potentially have even higher premiums. Your Part D would have a monthly increase of \$12.40 above the normal Part D premium. The IRMAA looks back at 2 years of your returns. Keep in mind that there's an appeals process people can use if they have experienced a life change that has reduced their income since that time. This is just an overview of possible surcharges. To get additional guidance and information contact Medicare (1-800-MEDICARE) or set up an appointment with a SHINE counselor by calling the Stow COA.

If you have questions about Medicare or the enrollment process, call Medicare (1-800-MEDICARE) or the Stow COA to arrange a meeting with the SHINE counselor.

TOWN NURSE

Tamara Bedard, RN from Nashoba Associated Services is available Monday through Friday 8:30-4:30 by phone at 978-772-3335 X340. Also, a nurse will be available at the Blood Pressure Clinic. Flu shots available by request.

FREE WORK OUT - EXERCISE CIRCUIT ROOM

Work on strength training on hydraulic machines to improve muscles and cardio. Open Mon-Fri. 8 am - 3:30 pm. If you have never used the equipment before, please contact Outreach to schedule a training with the Recreation Director, Laura Greenough, to learn how to safely use the exercise equipment.

NEED DURABLE MEDICAL EQUIPMENT?

We have a variety of gently used equipment available to Stow residents on a first come, first served basis. To borrow (for short-term use only), return or donate, please call first (978-897-1880) to make arrangements.



EVENTS/TRIPS POLICY

Sign up opens the 1st of the month! If you plan to attend an event at the COA, you must:

- Pre-register at <https://myactivecenter.com/>, in-person or by calling (978) 897-1880 before the sign-up deadline.
- If you need a ride, don't forget to book it!
- If there is a cost, payment must be made prior to class/event.
- If we do not have a minimum of 5 attendees for an event and 7 (seven) paid attendees for a field trip, the event will be cancelled.
- Stow residents only

HEARING CLINIC

Day & Time: Wednesday, June 1, 9:30 - 11:30

Cost: Free **Sign up by:** 5/31 by 12 Noon

Michael Drennan, Board Certified specialist from Roger's Hearing Solutions will provide hearing evaluations. Please call COA to book an appointment. This is always on the 1st Wednesday of the month, so plan accordingly.

BLOOD PRESSURE CLINIC

Day & Time: Wed., June 1, 10 am – 12 Noon,

Cost: Free **Sign up by:** 5/31 by 12 noon

The Town Nurse will be available to take your blood pressure and answer any questions that you may have. This is always the 1st Wednesday of the month, so plan accordingly.

NEW EXERCISE CLASS – S.A.I.L. (Stay Active and Independent for Life)

Day & Time: Tuesdays for 8 weeks beginning June 7, 2 - 3 pm

Cost: Free

Sign up by: June 2 (early sign up ok)

Limit: 12

A new class consisting of evidence-based fall prevention techniques will be conducted by certified instructor Katie Everton. Sessions consist of aerobic warm up, balance, strengthening, stretching and cool down techniques with short rests in between. The exercises can be modified for those who need to participate in a chair. A brief intake is required to assess suitability for the program and must be completed before the first class; this can be done in person or via Zoom. (Attending all sessions is recommended but not required. Katie will contact those who sign up to schedule intakes.)

HEALTHY HABITS SUPPORT GROUP

Day & Time: Wednesday, June 8, 12:30 – 1:30

Cost: Free **Sign up by:** 6/6

Take the best ideas from others in your community. Get support and learn new ideas. A short one-hour meeting can make a difference. This will be a monthly support group.

GARDEN IN THE WOODS WALKING TOUR AND LUNCH

Day & Time: Friday, June 10, 10 am

Cost: \$25 for van, admission & boxed lunch

Sign up by: June 6 **Limit:** 14

Garden in the Woods is a 45-acre woodland botanical garden located in Framingham. It is the headquarters of the Native Plant Trust. Come walk the one-mile scenic loop (one-hour drop-in tour at 11 am subject to volunteer availability) and enjoy a boxed lunch in the picnic area. When calling COA to reserve a space, please indicate menu choice of tuna wrap, chicken bacon wrap, Caprese on baguette, Italian on Ciabatta, Chicken Caesar, or Garden Salad. Drink choices are plain water, seltzer, or San Pellegrino lemon. (Chips and fruit included with all meals.) Details on website: www.nativeplanttrust.org.

HAVE QUESTIONS ABOUT THE STOW CEMETERY?

Day & Time: Wed., June 15, (3rd Wed.) 10 am

Cost: Free **Sign up by:** 6/13

Robb "GH" Gledhill, Cemetery Superintendent, is available at the Pompositticut Community Center to answer your Cemetery and Burial concerns. Call the COA to book a private half hour consultation.

FRIENDSHIP TEA PARTY A cup of tea, a tiny cake, and spending time with friends

Day & Time: Wednesday, June 15, from 1-3

Cost: Free

Sign up by: 6/8 Stow Residents Only

Limit: 24 - Minimum: 18

SFCOA Volunteers would like to extend their cordial invitation to a Friendship Tea Party. Assorted teas will be served, and delicate finger sandwiches and pastries shall be enjoyed. Please bring your prettiest teacup from home (optional & NO mugs) and you might win a prize! We'll have a drawing for our hand painted centerpieces and even play a Tea Party game with you. Tea Party hats are Welcome!

MEAL SITE SPECIAL LUNCHEON

Day & Time: Thursday, June 16, 11:30 am

Cost: Free (paid by SFCOA) **Limit:** 24

Sign up by: 6/9 at noon

To order your meal call Minuteman Senior Services at (781) 221-7048.

Come join your friends and meet new people. Meal description is on page 11.

VETERANS SOCIAL

Day & Time: 3rd Tuesday, June 21, 10 am

Cost: Free **Sign up by:** 6/17 **Limit:** 30

Meet other Veterans in a welcoming casual atmosphere. Open to Stow veterans of all ages.

ARMCHAIR TRAVEL

“One Year Boating around America’s Great Loop”

Day & Time: Tuesday, June 21, 1 - 2 pm

Cost: Free **Sign up by:** 6/16 **Limit:** 20

Pat Sorn and her husband, Dirk Hart, spent April 2017 through April 2018 traveling North America’s Great Loop from Florida to Canada and back in a 40-foot 1986 Main ship Trawler. It was quite the fabulous adventure in spite of the inevitable challenges encountered along the way. Their presentation will show you how boats can travel from Florida to New York City to Montreal and Chicago and back to the Florida Keys without spending 5 hours on the ocean! They’ll cover the basics of why, where, and how they managed living on the water for the greater part of a year thanks to the advice of others who did it before them and folks they met along the way. Their narrative also includes photos and table displays of artifacts of the trip: books, the identification flag and boat cards from fellow travelers as well as a self-published journal.

If interested in sharing your travel photos, please contact Susan Tamker at stamker@comcast.net or 978-302-0456.

GARDEN TOUR & LUNCH

Day & Time: Wednesday, June 22,
11:45 am at COA

Cost: Free **Sign up by:** 6/17 **Limit:** 10

Joe and Ingeborg Clark of Stow have graciously invited seniors to tour their landscaped gardens and enjoy a luncheon on their covered porch. Come take a stroll around the grounds and see what’s blooming!

STRAWBERRY SOCIAL, COA

Day & Time: Thursday, June 23, 12:30 pm

Cost: FREE **Sign up by:** 6/16 **Limit:** 24

Come enjoy fresh local strawberries at their finest.

LUNCH BUNCH – PICKITY PLACE

Mason, New Hampshire

Day & Time: Monday, June 27, 10 am
departure for 11:30 am lunch seating.

Cost: \$25 includes van and lunch **Limit:** 14

Deadline for sign up and payment: 6/10

An old favorite is back! Come enjoy a five-course meal (choice of meat or vegetable entrée) at Pickity Place’s charming restaurant. Later, walk the beautiful grounds and do some browsing at the greenhouse and gift shop.

INTERESTED IN GENEALOGY?

Day & Time: 4th Tuesday, June 28, 1-3 pm

Cost: Free **Sign up by:** 6/24 **Limit:** 10

The genealogy group is open to everyone whether you are new or have been researching for years. Join us as we share advice and tips on researching.

MONTHLY MOVIE MATINEE

Love, Simon

Day & Time: Thursday, June 30, 1 pm

Cost: Free **Sign up by:** 6/27 **Limit:** 20

Limit: 1 h 50 m

This charming coming-of-age film tells the story of a gay high school student named Simon who struggles to balance his friends, his family and the blackmailer threatening to out him at school, while simultaneously attempting to discover the identity of the anonymous classmate with whom he has fallen in love online. Nick Robinson, Josh Duhamel, and Jennifer Garner star.

IN RECOGNITION OF PRIDE MONTH FOR JUNE

Guest Columnist: Kathleen Surdan, COA Outreach Worker

Although June has long been recognized as a time to celebrate homosexual Americans, it was not officially named “Gay and Lesbian Pride Month” until former President Clinton did so in 2000. His successor, former President Obama, expanded the observance in 2011, and June is now Lesbian, Gay, Bisexual and Transgender Pride Month, honoring everyone in the LGBTQ community.

Pride Month’s origins stem from the obstacles this group has faced. In the 1960s, homosexuality was illegal. Gay bars were frequently raided, and their patrons beaten and jailed because of this part of their identity. Gays were not yet fighting for acceptance and equality, instead struggling for the right to simply exist.

The first Pride event was inspired by an incident dubbed the Stonewall Uprising, a response to the June 28, 1969, raid by police of the Stonewall Inn in New York City, a club and refuge for members of the LGBTQ community. Six days of rioting and protesting ensued. A year later, thousands of people marched from the Stonewall Inn to Central Park, effectively beginning the tradition of Pride parades. Participants march with their heads held high, demonstrating for acceptance and equal rights.

According to a Gallup poll released three months ago, the percentage of US adults who identify as other than heterosexual has doubled over the last ten years, from 3.5% to 7.1%. Not surprisingly, the younger the age group, the higher the number of respondents acknowledging their affiliation with this minority status.

There has long been talk of gays and lesbians having to decide whether to “come out” to family and friends. When I think back to my high school experience—I grew up in a Connecticut suburb—I can’t remember any classmates announcing that they were homosexual or dating same-sex peers. At Boston College in the early 1980s, it was a similar scene. Running the numbers, though—700 students in my high school class, three times as many in my college class—I know there were surely scores of students who were not straight. I simply didn’t know them, or I did but was not aware of their sexual orientation.

Thankfully, my kids had a slightly different experience. When my daughter Michelle’s birthday was approaching toward the end of her freshman year of high school, she came to me and said, “My friend Angie’s birthday is close to mine, and we want to have a joint party. Are you okay calling her two moms to plan it?” (A fabulous time was had by all.) Two years later she asked if her friend Robbie could sleep over at our house when all the boys were sent home after a party. She told me Robbie was gay and would feel bad if he had to leave, that the girls were his closest friends. This time, I hesitated. I said there would be no exceptions to the rule. In hindsight, I consider that a mistake.

My daughter Jackie’s best friend Justin, a fabulous cook, runner, and tuba player she met through their common love of Boston College marching band, is gay. He’s also from California which isn’t conducive to flying home for every minor holiday or long weekend. Justin joined us for several Thanksgivings and Easters, as well as other milestone events, during his time at BC. He’s now one of the family.

Much has been written about the challenges LGBTQ seniors face when deciding whether to come out. Most have lived through years of struggle, fighting for the basic safety and acceptance that younger generations are starting to have access to now. An article published on the website www.elderguru.com addresses possible reasons for hesitation:

Coming out as gay can be difficult for anyone. You have a partner, you love them, and you want to introduce them to your family as someone who’s more than significant to you. They’re someone you’re sharing your life — and your bed — with. But what are the ramifications? Is your family accepting? Are they close-minded? What are your grandchildren going to think, when you change their view of you forever?

I told my son Alex about my writing this column and my desire to not have the theme describe a positive trend of acceptance that may not have been seniors’ experience. He suggested I look up a story about “a man in his 70s who came out to his people and was shunned.” Alex explained that the gentleman’s neighbors found out and immediately displayed rainbow flags in their yards to support him.

It’s my hope, and the goal of the team here at the COA, that all Stow seniors, regardless of gender identification, sexual orientation, or any other characteristic that may put them in a minority, feel comfortable participating in activities and events and coming to us for assistance as they navigate whatever path they are on.

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Projects for Purpose 9:30 Hearing Clinic 10:00 Blood Pressure Clinic 10:00 Senior Fitness 11:15 Stretch&Flex	2 9:00 Zumba 11:30 Meal Site 1:00 Billiards/Pool	3 8:50 Yoga 10:00 Senior Fitness 11:15 Stretch&Flex 1:00 Mahjong
6 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 11:15 Stretch&Flex	7 9:00 Quilting 9:00 Zumba 10:00 SFCOA Board Meeting 11:30 Meal Site 1:00 Poker 2:00 S.A.I.L.	8 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch&Flex 12:15 Healthy Habits Support Group	9 9:00 Zumba 10:00 Board Mtg 11:30 Meal Site 1:00 Billiards/Pool	10 8:50 Yoga 10:00 Garden in the Woods 10:00 Senior Fitness 11:15 Stretch&Flex 1:00 Mahjong
13 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch&Flex	14 9:00 Quilting 9:00 Zumba 11:30 Meal Site 1:00 Poker 2:00 S.A.I.L.	15 9:00 Projects for Purpose 10:00 Senior Fitness 10:00 Stow Cemetery Information 1:00 Friendship Tea Party 1:30 Stretch & Flex	16 9:00 Zumba 11:30 Special Meal at Meal Site 1:00 Billiards/Pool	17 8:50 Yoga 10:00 Senior Fitness 11:15 Stretch&Flex 1:00 Mahjong
20 Closed in observance of Juneteenth	21 9:00 Quilting 10:00 Veterans Social 11:30 Meal Site 1:00 Arm Chair Travel 1:00 Poker 2:00 S.A.I.L.	22 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch&Flex 11:45 Garden Tour & Lunch	23 11:30 Meal Site 12:30 Strawberry Social 1:00 Billiards/Pool	24 8:50 Yoga 10:00 Senior Fitness 11:15 Stretch&Flex 1:00 Mahjong
27 8:50 Qi Gong 9:30 Open Art 10:00 Lunch Bunch - Pickity Place 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch&Flex	28 9:00 Quilting 11:30 Meal Site 1:00 Genealogy Club 1:00 Poker 2:00 S.A.I.L.	29 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch&Flex	30 11:30 Meal Site 1:00 Billiards/Pool 1:00 Monthly Movie	

COA FREE FOOD PROGRAM FOR STOW RESIDENTS

Residents must call the COA at (978) 897-1880 between **9-10 am** Monday through Friday to schedule same day appointments between **10:10 – 11 am**. No appointments necessary from 11 am-3:30 pm. Don't come late on Fridays as all perishables are packed up and given away by 3 pm. Note: The COA Food Program will be closed the morning of Friday, June 17th, opening at 12 Noon.

NEED HELP? THE STOW FOOD PANTRY IS HERE FOR YOU! NOW IN-PERSON

The Stow Food Pantry is holding their next Food pantries on Saturday, June 11, Sunday, June 12, and Friday June 17 from 9am-12pm., and Thursday, June 16 from 6:30 – 9:30 pm. by appointment only. The Stow Food Pantry will continue to work very hard during this time of uncertainty to serve any in need of services. They will keep our community safe by following CDC guidelines for COVID-19. No referrals required. No financial questions asked. If you are unable to make it to the Pantry, please contact them and they can probably work something out. If you need help, please call 978-897-4230 or email: stowfoodp@gmail.com.

ACTON FOOD PANTRY

The Acton Food Pantry serves Stow and is open 3 weeks/month. They are located at 235 Summer Road, #205, Boxborough, Phone: (978) 635-9295.

OPEN TABLE, Maynard

Need food assistance? Open Table in Maynard offers drive-thru pantry service. To find out more about its current services, visit www.opentable.org or call (978) 369-2275.

RECIPE OF THE MONTH

Strawberry Rhubarb Compote

Perfect served as a topping for ice cream, pancakes, or pound cake.

Ingredients:

10 oz. Rhubarb, frozen or fresh (6 to 8 stalks in ½" pieces)

¼ to ½ cup sugar (adjust sweetness by adding more or less sugar.)

1-pint (2 cups) strawberries, hulled and sliced in half or fourths if large

¼ cup water

Instructions: Bring rhubarb, sugar, and ¼ cup water to a simmer in a heavy bottomed, medium saucepan over medium heat. Stir occasionally. Cook until rhubarb is tender, but not yet falling apart. Stir in strawberries and cook until the berries are softened, a minute or two more. Continue to cook until desired consistency. This can be served warm, at room temperature or cold.

Note: This keeps well three or four days, covered, and refrigerated. May be reheated gently over low heat or brought to room temperature.

MINUTEMAN SENIOR SERVICES MEAL SITE MENU

The Silver Spoon - Stow's Eating Together Luncheon Site

Meal Site is now open for sit down meals! Come join your neighbors for lunch and socialization on Tuesdays and Thursdays at 11:30 a.m. at the COA. Please call 781-221-7048 to order your meal. Your order must be made by 12 pm on Thursday for Tuesday's lunch and 12 pm on Tuesday for Thursday's lunch. The suggested donation is \$2 for a complete meal. Call the COA by noon the day before if you require transportation to/from the meal site. (There is no charge.)

Please note: the deadline to order the special meal being served on June 16th is June 9th.

MEALS ON WHEELS

Are you unable to drive & cook or had a recent health set-back? You may be eligible for home-delivered meals. Call Minuteman Senior Services (888-222-6171) to set it up.

Tuesday menu

June 7

Breaded Cod with Tartar Sauce
Mashed Sweet Potato
Capri Veg Blend
Multigrain Bread and Dessert

June 14

Grilled Chicken with
Apricot Glaze
Wild Rice Pilaf
Broccoli Au Gratin
Wheat Bread and Dessert

June 21

Meatballs with Stroganoff
Sauce over Egg Noodles
Italian Green Beans
Wheat Bread and Dessert

June 28

Sweet n' Sour Chicken
over White Rice
Asian Veg Blend
Multigrain Bread and Dessert

Thursday menu

June 2

Roast Pork with Herb Gravy
Mashed Potatoes
Broccoli & Cauliflower
Multigrain Bread and Dessert

June 9

Macaroni & Cheese
Stewed Tomatoes
Multigrain Bread and Dessert

June 16 Special Meal (Order By 6/9)

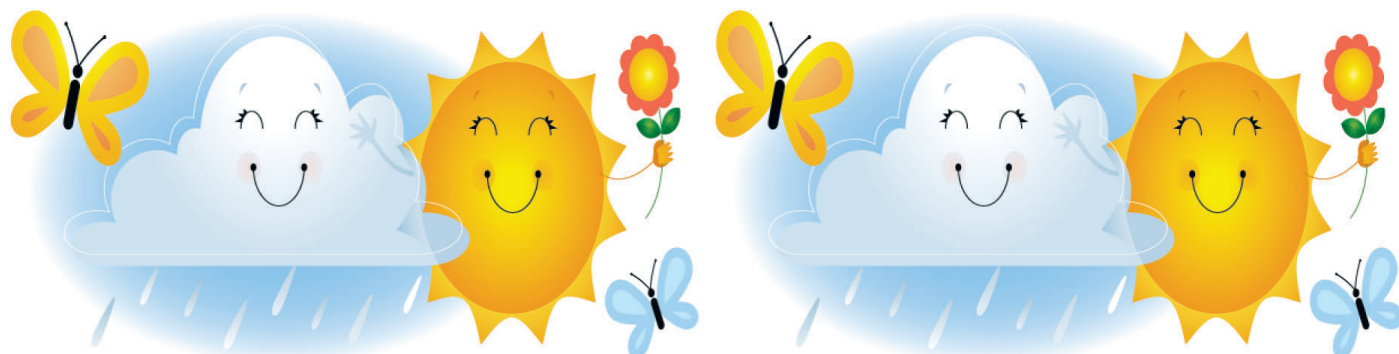
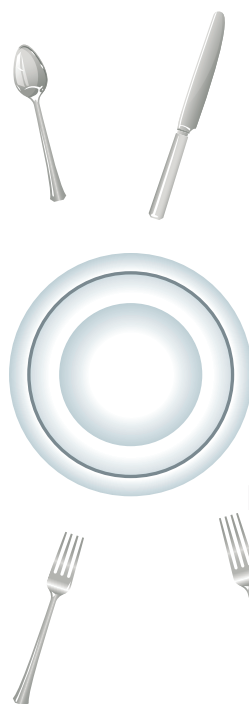
Beef Tips with Bourbon Sauce
Macaroni and Cheese
Zucchini & Squash
Dinner Roll and Dessert

June 23

Breaded Cod with Cheese Sandwich
Tartar Sauce, Sweet Potato Tots
Scandinavian Veg Blend
Hamburger Bun and Dessert

June 30

Breaded Chicken Drumstick
Mashed Sweet Potato, Cauliflower
Multigrain Bread and Dessert



STOW POLICE NEWS - THIS MONTH'S SCAM ALERT- UTILITY SCAMS**From Stow Police Sgt. Cassie Scott**

As the days are getting hotter, you get a call from your power company saying your payment is overdue and if you don't pay up now, your power will be turned off!

This is what scammers want you to think at least; utility scams are one of the most common types of fraud reported to the Federal Trade Commission (FTC).

Impersonators will call demanding payment for a delinquent bill, threatening to terminate service. They time these attacks for maximum urgency, stepping up activity during peak heating or air conditioning seasons.

Here are some warning signs to be sure you're not a victim of a utility scam:

- An unscheduled or unsolicited call or visit from someone claiming to be a representative of your power (or other utility) company
- Threats to cut off service unless an overdue bill or maintenance cost is paid immediately
- A demand for payment by wire transfer, gift card or other cash-reload card
- Payments on credit card or bank statements for utility accounts you didn't open

If you are not sure if the representative that called is truly from your utility company, hang up and dial the phone number that appears on your bill to confirm any information that has been relayed to you.

As always, please call the Stow Police Department if you believe you've been a victim of a utility scam or if an unidentified person, claiming to be from your utility company, comes to your door unannounced.

RANDALL LIBRARY NEWS

Randall Library Hours: Tuesday, Wednesday, Thursday 9am-8pm, Friday 9am-2pm and Saturday 9am-5pm
Please join us for the following programs:

- Thursday, June 2 at 7 pm in person - Art as Activism – Gender with Abby Morgan
- Tuesday, June 7, at 11:30 am in person - Author Ben Shattuck will speak about his new book "Six Walks in the Footsteps of Henry David Thoreau"
- Monday, June 13 at 7 pm via Zoom - Keith Haring Art
- Wednesday, June 15 at 7 pm via Zoom - Sustainable Stow, Water Quality and Wells
- Saturday, June 18 starting at 4 pm - Summer Reading Kickoff Community Event for all ages at Town Center Park, Join Randall Library for Sea Shanty music and activities!

Contact the Library for more information at randalllibrary@gmail.com or 978-897-8572

STOW FIRE DEPARTMENT: Weather Warming Up – Tips to Stay Hydrated!

Be aware of your water intake and how often you are exposed to the sun. It's helpful to have scheduled drinking times to ensure you are drinking enough water throughout the day. Also carry a water bottle with you to make sure you have access to water. Hit small goals throughout the day to drink 8 ounces of water.

Two ounces by 10:30 a.m., 4 ounces by noon, 6 ounces by 1:30 p.m., and 8 ounces by 3 p.m.

Staying well hydrated helps prevent serious complications. You can tell if you are properly hydrated by monitoring your urine color. Generally, a light-yellow color or clear urine indicates you are properly hydrated.

- Know how much water you drink each day. With age, it's especially important that you talk to your doctor about how much you should be drinking.
- Try infused water by adding fruits or vegetables into your water to add flavor without added sugars.
- Avoid caffeine and alcohol. Beverages that contain caffeine or alcohol cause the body to lose more water than it's taking in. Try decaffeinated coffee.
- Avoid the heat. The hottest time of the day is usually between 10 am - 2 pm. Make sure you exercise early in the morning, or later in the evening when it's cooler.
- Wear thin light-colored cotton or linen clothing can help prevent overheating.
- Stay in the shade. Wearing hats can help keep heat off your skin and prevent overheating.
- Wear sunscreen. Using sunscreen that is at least 30 SPF, can help prevent heat-related illnesses.

STOW'S ANNUAL SPRINGFEST

Saturday, June 4th from 11 am – 4 pm at Center School

Entertainment includes Tony Funches, former lead singer of The Platters. Tony is performing on the outside stage at noon. You will be sure to enjoy hearing the legend sing "Only You" along with many other hits! The Stow Minutemen will be leading a parade of youngsters at 1 pm with a demonstration on the indoor stage to follow. Many other activities throughout the day. Please bring non-perishable donations for the Stow Food Pantry. The town tradition is back! Join in on the fun.

FIRST PARISH CHURCH SUNDAY SERVICES FOR JUNE – SUNDAYS, 10AM

First Parish Church of Stow & Acton (FPC), Unitarian Universalist, is on its summer schedule of holding just one service at 10 am until Ingathering Sunday, Sept. 11, when it returns to its regular two-service schedule. Services will continue to take place both in person and online.

Two regular services will be held on the first two Sundays of June, with Flower Communion Sunday taking place on June 12. Summer services will begin on June 19. A link to each virtual service will be posted along the left column at fpc-stow-acton.org. To prevent disruptive intrusions, the virtual room will be locked about 15 minutes after the service begins. FPC apologizes for any inconvenience this causes. Those who attend in person must socially distance and wear masks covering both nose and mouth.

FPC warmly welcomes gay, lesbian, bisexual, and transgender people. For more information, call 978-897-8149 or visit fpc-stow-acton.org.

EMPOWERED TO MOVE AT THE FIRST PARISH CHURCH

Friday, June 10, 6:45 to 7:45 pm

"Empowered to Move" is a worship experience that focuses on how a group can express their spirituality through embodiment. Participants will learn how to incorporate movement into their worship rituals. Through learning how to use their body as a way to embody their spirituality, they'll become more familiar with how to connect with themselves and each other at a deeper level.

The workshop will be held at First Parish Church of Stow & Acton (FPC) and led by FPC member Lindsay LaPointe, who will welcome feedback on this new workshop. Participants should arrive at FPC's Fellowship Hall at 6:45 pm. The workshop will take place from 7 to 7:45 pm and Lindsay will hold space for people to offer feedback and comments at the end. No movement experience is needed, and all abilities and ages are welcome.

11TH HOUR BELL RINGING AT FIRST PARISH CHURCH

Saturday, June 11, 10:45 am

On the eleventh day of each month at 11 a.m., churches and communities across the commonwealth are ringing bells for 11 minutes to signify the climate crisis we face. First Parish Church of Stow & Acton (FPC) is one of those churches.

All are welcome to hold signs in front of FPC as its steeple bell is rung for 11 minutes on the 11th day of each month at 11 a.m. Says Rick Lent, co-chair of FPC's Climate Task Force, "We want everyone to recognize the crisis we face."

The bell ringing initiative is a project of 11th Hour Calling, an interfaith collection of people who, at the 11th hour, "gather together and ring church bells, strike Buddhist gongs and singing bowls, recite the 99 names of Allah, sing nasheed (Islamic songs), recite Quran, or play the daf or djembe for 11 minutes after a prayer/meditation/poetry gathering," according to their website at 11thHourCalling.org.

The next 11th Hour event will take place on Saturday, June 11, at 11 a.m. Please arrive at 10:45 a.m. FPC is located at 353 Great Rd. in Stow.

BE A GOOD NEIGHBOR – SUMMER HEAT!

If you know or live near a senior, consider checking in on them especially as the weather gets warmer and more humid. If you are concerned or unable to reach them, call COA at (978) 897-1880 or the police (978) 897-4545 if necessary. Everyone benefits when we look out for each other.

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An Age-Friendly Commonwealth

Across the nation and around the globe, a major demographic shift is taking place. Adults aged 65 and over outnumber children under five among the global population. For the first time in the history of our country, the population over age 60 is growing faster than the population under age 18. This has significant implications for how we live and work.

Here in Massachusetts, many leaders are already using an age-friendly lens to promote healthy aging and enhance life for all residents.

Those efforts are guided by the Governor's Council to Address Aging, which was convened in 2017 by Governor Baker and has released a blueprint and recommendations for an age-friendly Massachusetts. The Council has five workgroups focused on providing recommendations on specific topics: Housing, Transportation, Caregiving, Employment, Innovation and Technology.

Massachusetts was also the second state to join AARP's Network of Age-Friendly States and Communities, a network initiated by the World Health Organization to address the world's population growth of those over 60.

The AARP age-friendly designation lists 8 domains of livability to make a community more livable for people of all ages: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, work and civic engagement, communication and information, and community and health services.

Here in the Third Middlesex District, Bolton, Hudson, Maynard and Stow have been designated as active age-friendly communities by the Massachusetts Healthy Aging Collaborative.

Recently, the Age Friendly-Institute designated the Commonwealth of Massachusetts as a certified age-friendly employer, the first state government in the nation to earn this distinction. The "age-friendly" designation describes environments that promote access to services and opportunities for people as they age, and that prioritize the inclusion and participation of older adults in all aspects of life.

I'm proud of the Commonwealth's efforts to support older adults like you. When we help older people continue to live, work, and volunteer in our communities, we all benefit from your energy, experience, and contributions.

Contact Rep. Hogan:

State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow.

Phone: (617) 722-2600

Email: Kate.Hogan@MAhouse.gov

Facebook: [facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)

Twitter: @repkatehogan

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333

Upcoming Office Hours: June 7, 6-7 pm at Hudson Public Library in the Tavares Room

Stow Holly Day 2022 Mitten Tree Project (Sat. Nov. 5th).

Make **ONE** pair of handmade mittens. Any size appreciated. Please leave mittens with our receptionist at the Stow COA and label them with the following information: Susan Rondeau/Mitten Tree Donation. Please visit our website to see how you can participate in this project. <https://stowfriendsofthecoa.com/holiday-fair-2/>.

Thank You - We would like to thank those of you who have begun dropping off your completed mittens. The designs and colors you have chosen are amazing. Great job everyone!

SAVE THE DATES!! SFCOA 2022 UPCOMING FUNDRAISERS

Saturday, November 5th - **Stow Holly Day Sale & Bake Sale & Mitten Tree Project**

Saturday, December 3rd - **Second Chance Holiday Decoration Sale** (All donations for 2022 have been sorted and no more donations are being accepted until January 2023. Thank You!)

REQUESTED DONATIONS FOR GIFT SHOP AND CREATIVITY CLASSES:

New Yarn would be really appreciated, Safety Pins, Narrow Lace Trims. Handmade Gifts & Collectibles: Anna Lee Dolls, Pottery Shed (Dedham Pottery) items, Longaberger Baskets, Goebel Figurines and Hummels. **NOTE:** Please contact Susan Rondeau first before dropping (craft/gift shop) donations off at the COA. We want to make sure that the items you would like to share can be put to good use. (978)-897-5338 or countrypickns@yahoo.com.

Fabric Needed. Projects For A Purpose of Stow COA are looking for 100% cotton fabric to make pillowcases for Dream Day overnight camp for children with serious illnesses. Our 8-week goal is to make 60 pillowcases to send to Brewster where the camp is located. Kid and teen prints, beach and sea themes, camp, Boston sports, solid colors, polka dots and stripes. 1/2 and full yardage needed. Fabric can be dropped off at Stow COA. Please mark bag: P4P Group/Attention Rita French.

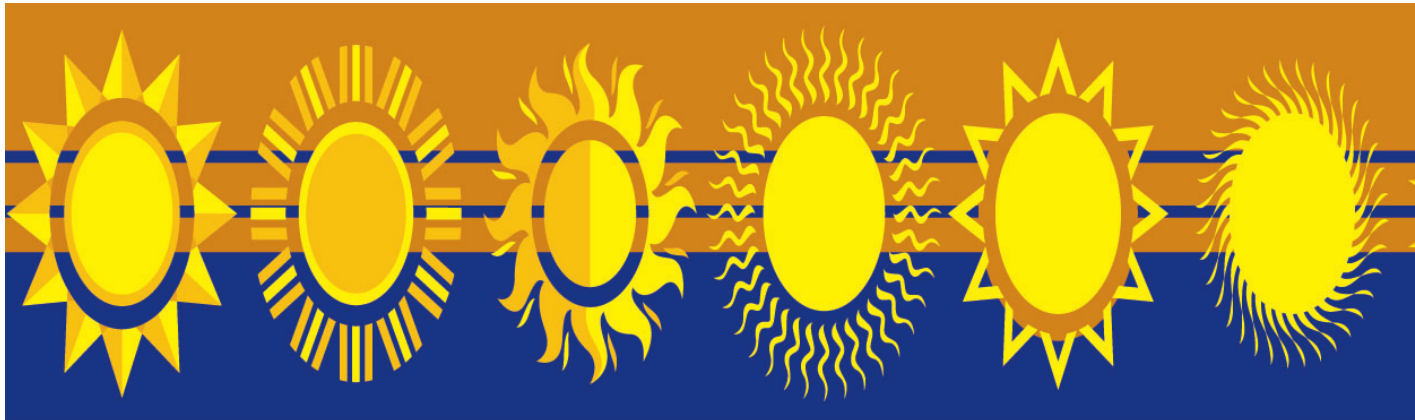
GIFT SHOP INFORMATION

NEW in the Gift Shop: Stow Blankets with Sheep, Hand Applique Pins, Hanging Dish Towels with Crochet Tops, and Infant Sweater Sets.

Continue to page 16 for our location, hours, and updated inventory list of items. Shopping local is convenient, and you support Stow Friends of the Council on Aging at the same time. The senior community in Stow benefits from all sales. Thank You!

JULY NEWSLETTER**DEADLINE TO SUBMIT: WEDNESDAY, JUNE 8TH BY 3 PM**

This newsletter is made possible in conjunction with the COA staff and their volunteers, SFCOA and Advertisers of this newsletter.



DONATIONS RECEIVED:**General:** Peder and Faith Field**In Memory of Jo Langley:** Francis "Skip" Warren**In Memory of Bob Cutler:** Francis "Skip" Warren**Thank you for your continued support!****COA GIFT SHOP****509 Great Rd., Stow, MA****Monday – Friday 8 am - 3:00 pm****Questions? Call: Susan Rondeau****(978) 897-5338 or****email: countrypickns@yahoo.com****GIFT SHOP PAYMENT OPTIONS:****Cash Or Checks Made Out To "SFCOA"****Visit our Facebook Page and/or****WEBSITE click on the Gift Shop Tab****CHECK OUT OUR GIFT SHOP**

Handmade gifts created by volunteers, Infant/Toddler Sweaters, Appliqué Pins, Baby Quilts & Crochet Blankets, Crochet Animals, Stow Blankets, Stow Coasters, Stow Cards and more. Collectibles: Hummels, Pottery Shed (Dedham Pottery) and Longaberger Baskets

NOTE: Photos of Stow Blankets can be viewed on our website.

BOOKS AT THE GIFT SHOP!**PAST TENSE – VOLUME 1 & 2**

More stories about Stow's History – Gathered by Lewis Halprin and generously donated to the COA. Cost: \$10. (All proceeds go to the SFCOA).

"Celebrating Stow's Women, in 1920 and the 19th Amendment"

Written by: Marilyn Taylor Zavorski, President of the Stow Historical society. This is their stories, which were not recorded in Stow's Town History. This limited-edition color printed book is available for purchase in the COA Gift Shop. Cost: \$20. (All proceeds go to Stow Historical Society).

Facebook: Stow Friends of the Council on Aging

Website: <https://stowfriendsofthecoa.com>**SFCOA BOARD MEMBERS**

Rita DiStefano-French, <i>President</i>	Grace DeMore
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SHOPPING ONLINE?**SHOP ON AMAZON SMILE!****HELP RAISE MONEY FOR****STOW FRIENDS OF THE COA!****GO TO: <https://smile.amazon.com>****STOW FRIENDS OF THE COUNCIL ON AGING**

Would you like to support the Stow Council on Aging? Now is your chance.

NAME: _____ DATE: _____

ADDRESS: _____

☐ \$10 ☐ \$20 ☐ \$25 Other Amount: _____

☐ General ☐ In Memory Of _____ ☐ Other

PLEASE MAKE CHECKS PAYABLE TO: SFCOA
MAIL TO: P.O. BOX 97, STOW, MA 01775
THANK YOU FOR YOUR SUPPORT